

HEALING HARVEST HOMESTEAD



GUIDE TO HERBAL STEAMS FOR RESPIRATORY SUPPORT

Herbs that support breathing and decongestion for herbal steams

BEST HERBS FOR YOUR LUNGS



ROSEMARY



THYME



LAVENDER



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MORE BEST HERBS FOR YOUR LUNGS



CINNAMON



CARDAMOM



BEE BALM



PEPPERMINT



HYSSOP



OREGANO



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HOW TO DO AN HERBAL STEAM



1) Boil some water and add lung loving herbs

Get some water boiling in a sauce pan. Add your fresh or dried herbs (any combination is great) and simmer for 2-3 minutes



2) Breathe in the herbal steam....

Remove the pan from the heat and hover your face over it. Cover your head with a towel to concentrate the steam. Relax and breathe for 3 to 10 minutes...

3) Rinse your face & enjoy breathing!

Either rinse your face with cool water or apply a cool towel to close your pores. This isn't necessary for children. Spritz on some toner and apply moisturizer. Enjoy being able to breathe again!



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SAFETY AND SUCCESS, PLUS USING ESSENTIAL OILS



1) For a more powerful steam, add a drop or two of essential oil

Seriously...only one or two drops are fine. Avoid using essential oils with children. Use only for adults. Do not use with asthmatics.



2) Best essential oils to try with your herbs

Peppermint (contains menthol)

Eucalyptus, cardamom, hyssop (contains 1,8-cineole)

Rosemary ct. camphor (contains camphor)

Lemon (boosts immune system)



3) Release pent up steam

It's ok to raise a corner or an edge of your towel to let out some steam. Do this if it's too hot under the towel or if you feel the need for some cooler air.

Enjoy herbal steams for skin and lung health!



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MORE SAFETY AND FINAL THOUGHTS



4) Be sure to check on any contraindications for herbs and essential oils you plan to use.

Especially if using an herbal steam with children, the elderly, and pregnant or nursing moms.



5) Stay in Touch!

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Disclaimer: I'm not a medical doctor...I'm an herbalist and aromatherapist. These statements are not evaluated by the FDA and aren't meant to treat, cure, diagnose, or prevent disease.

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